

WEEKEND WORKOUT FORUM

DECEMBER



EVANSTON ATHLETIC CLUB

COMPLIMENTARY
PERSONAL TRAINING SERIES

Saturday, December 1st

Balance in Strength Training

Trainer William Stanhope

10:00pm-10:45pm

4th Floor

Learn how to incorporate balance into your strength workout for a more intense and effective workout.

Saturday, December 15th

Push-Up Variations

Trainer Michael Walver

12:00pm-12:30pm

3rd Floor

Whether your performing your first push-up or looking to increase the intensity of your push-up, this workout is for you. You'll learn several variations for this effective upper body exercise.

